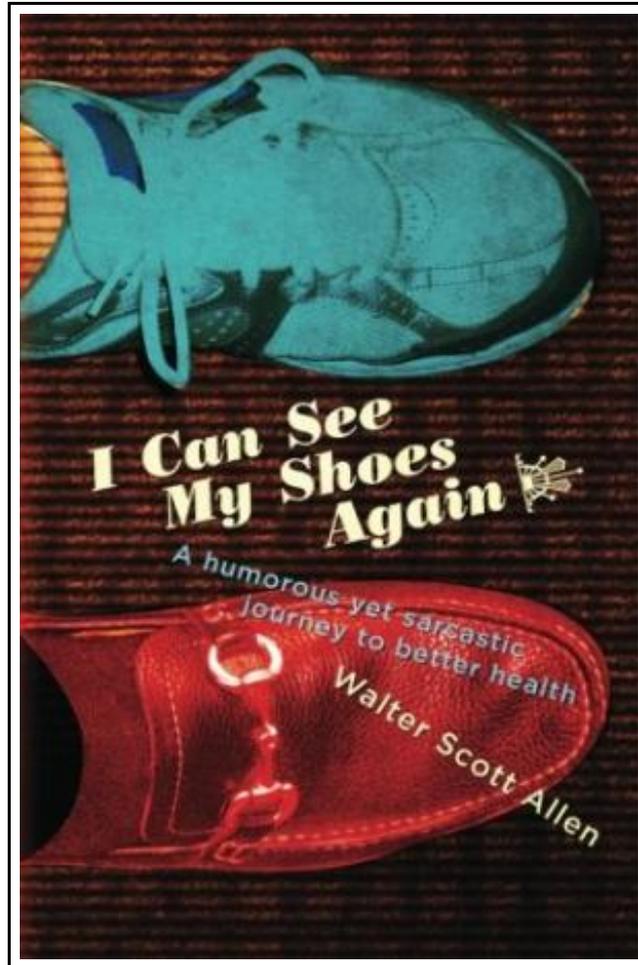


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(Prof. Maxwell Stracke)

I CAN SEE MY SHOES AGAIN: A HUMOROUS YET SARCASTIC JOURNEY TO BETTER HEALTH



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Createspace, United States, 2012. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever caught a sidelong glance of yourself in a department store mirror and been unpleasantly surprised by the out-of-shape character who stares back? Have you ever felt the impulse to destroy all recent photos of yourself? If you relate to these or any other mid-life reckonings about your general state of health, then you re sure to identify with author Walter Scott Allen, the straight-talking, sarcasm-prone family man who woke up, got fed up, and finally got fit. Now, in **I Can See My Shoes Again: A Humorous Yet Sarcastic Journey to Better Health**, he shares his personal story getting there, along with healthy portions of laughter. Frank, funny, and full of genuine insight, this slender book will give you the skinny on a no-nonsense health regimen that leaves no margin for martinis or associated backslides. Offering a practical approach to self-improvement, the author outlines common pitfalls that trip up many of us throughout the day, and that come together to make up a less-than-healthy lifestyle. Finding helpful humor in each situation, the book offers a systematic approach to lowering cholesterol, blood pressure, and weight. To do so, Allen shares his own trials at the age of fifty with bad habits, vodka martinis, fast food, and the morning after breakfasts that resulted in him not being able to see his own shoes. He then reveals his own awakening, and how he turned around his escalating weight and overall outlook on fitness. From gym routines to daily menus, Allen details his own no-excuses method to trim pounds, with nutrition basics; exercise; healthy recipes; keeping a diary; and achieving success. And, even in the face of these dramatic...

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